

HIGHLIGHTS:

FEATURED PROGRAMS:

NEW: Community Caring through Crisis: Presented by Duke HomeCare & Hospice. This is a six part series with a focus on the continuum of care and the responses to the Covid-19 pandemic from various levels of care and professionals. There is a prize for those who attend all six sessions. Call the Northern Wake Senior Center 919-554-4111 to register and receive link for each individual program.



Duke HomeCare & Hospice

Wednesday, September 30, 2020 from 2-3PM

Cumulative Loss & Grief response due to COVID-19

Presented by William Holloman, Manager Bereavement & Family Services at Duke HomeCare & Hospice.

Facilitated by Diana Mitchell, Program Manager.

The COVID-19 pandemic brings new loss and grief on a daily basis. Many of the losses center on our individual way of life. Whether the loss is in the area of employment, finance, socialization, safety, predictability of the future or death the cumulative nature of these daily losses can feel overwhelming. Complications can arise when grief exhausts individual coping skills. Understanding the grief process opens avenues of opportunity to develop or enhance effective coping skills and assist in identifying the multidimensional impact of loss on our daily lives.

Wednesday, October 7, 2020 from 2-3PM

Stay at Home Senior Care.

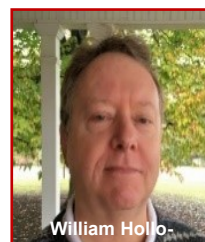
Presented by Deborah Bordeaux, President

Stay at Home Senior Care is a family-owned company providing highest quality in-home care for seniors. We are hometown care providers for Wake Forest, NC and surrounding areas. Our approach to providing care has been developed in direct response to each family's need for reliable information about senior care and to feel confident with the quality of individuals working in their homes .

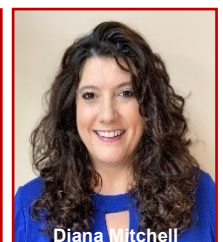


Jennie Griggs
Program Director

Thanks to everyone for all of the hard work and participation in last week's Fall Prevention Series. I know you will be as excited to participate in another topic that has probably affected all of us. If not, it certainly will in our future. Kudos to Lisa-Stewart Ray with Duke HomeCare Hospice for putting this together and all of those who are presenting. In the meantime watch for the additional events, fundraisers, and class opportunities. Please don't hesitate to share your thoughts and suggestions.



William Holloman



Diana Mitchell



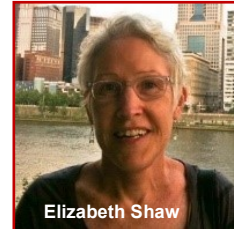
FEATURED PROGRAMS CONT:

Wednesday, October 14, 2020 from 2-3pm

Duke Patient Family Advocacy Committee presents an Introduction to Hospice.

Presented by Diana Mitchell, Elizabeth Shaw and Steve Hodges.

Join Duke's Patient Family Advocacy Committee, or PFAC, for a unique introduction to Hospice Care. Elizabeth Shaw, Steve Hodges & Diana Mitchell will provide an overview of hospice care and how our clinical team's practices have changed during the pandemic

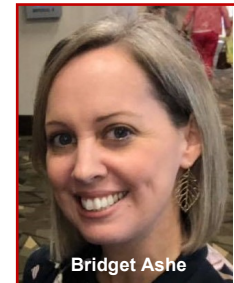


Wednesday, October 21, 2020 from 2-3PM

Brookdale Wake Forest.

Presented by Bridget Ashe, Marketing Director.

Join Bridget Ashe, Marketing Director of Brookdale Wake Forest as she helps you navigate the Assisted Living world and speaks to you about her journey with her residents and their families during Covid-19 pandemic.



Wednesday, October 28, 2020 from 2-3PM

Duke Home Health and its response during Covid-19.

Presented by Kellie Brockman.

Facilitated by Lisa Stewart-Ray.

Kellie Brockman will provide a brief overview of what Home Health is and how Duke adjusted their practices to care for patients during Covid-19. Duke Home Health helps you remain comfortably at home and maintain your independence while we attend to your medical needs.



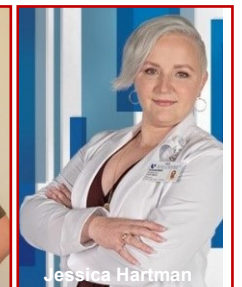
Wednesday, November, 4, 2020 from 2-3PM

Duke Home Infusion and its response to Covid-19

Presented by Jessica Hartman, PharmD.

Facilitated by Lane Kaplan, Infusion Program Manager.

Join Jessica Hartman as she explains home infusion how Home Infusion has been impacted during the Covid-19 pandemic. Home infusion allows you to receive treatment while resuming daily activities in the familiar surroundings of home. Duke Home Infusion provides compassionate, expert home infusion therapies using a multidisciplinary approach to achieve the best possible patient outcomes and to enhance quality of life.



FEATURED FUNDRAISERS:



Wendell Pulled-Pork-Pull-Up Fundraiser

When: October 16th from 11AM-1PM

Where: Eastern Wake Senior Center Parking Lot , Wendell NC

Drive through and Pick up Pre-Ordered Meal including pulled pork, baked beans, roll, and desert . Prepared, and provided by **Cadence Living of Wake Forest**. All proceeds go to the Senior Center.

Cost: \$10.00 per meal . Preorder and prepay. Cash or check only . Only 120 meals available. Call the **Wendell Senior Center 919-365-4248** to prepay and signup.

Wendell Sizzlin' Summer Picnic Basket Drawing:

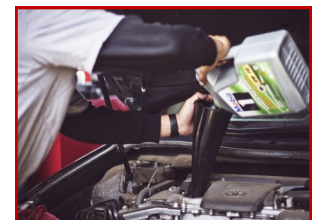
\$1.00 a ticket or \$3.00 for 5 tickets . Drawing will be held on Monday, November 2nd. Call the **Wendell Senior Center** for tickets.

Drive to REDRIVE Automotive:

One of this month's featured sponsors is **REDRIVE**. From September 15th to October 15th, **REDrive** is going to donate **\$15.00** for every **\$30.00 car inspection**, and **\$10** off of every regular oil change to the North and East Wake Senior Centers depending on which center you identify. Their rates for an oil change are \$40 for regular oil and \$50 for synthetic.

REDRIVE is unique. They are a car dealership alternative committed to providing unmatched customer service, accompanied by quality used vehicle inventory at affordable prices. They promise to protect their customers from the dishonesty often associated with the used car industry, significantly affecting the scams so often experienced by the aging population. They also make your auto repair experience easy and painless while focusing on quality service and quick turnaround.

Please call **REDRIVE** to schedule your appointment and tell them the senior center sent you. They are located at 7409 Louisburg Rd, Raleigh, NC. Call **REDRIVE** at 919-964-0462 to schedule your appointment today.



Northern Wake Senior Center
919-554-4111
wfscordinator@rfsnc.org

Eastern Wake Senior Center
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ewscordinator@rfsnc.org

FEATURED FUNDRAISERS CONT:

DRIVE-THROUGH COVID19 RAPID TESTING:

by LoginClinics. **Testing will be at the North Wake Senior Center.**
COVID19 Rapid Test Schedule:

Monday, September 28th 12:00pm to 4:00PM

The drive-through is for all ages! The senior center is managed by Resources for Seniors and will receive a **\$5 donation** from LoginClinics for every test given. It is our hope that we can offer the same program in Wendell; nevertheless, all are welcome to participate in this opportunity. They will also have the Send-Out PCR Swab which will take 2-4 days.

To Register do not call the center!

Call 919-679-1880 from 9am-5pm M-F for instructions, explanations, and drive through time. You may also seek further information online at admin@loginclinics.com.

There will be two types of test provided: Results provided in 20 minutes.

Antigen Test: Show Active infection: Cost \$75

Antibody Test: Antibodies reflect recent or past infection:
Cost \$75

LoginClinics will determine if you need one or both tests at time of registration. For more information you may visit:

[https://link.edgepilot.com/s/b13a49d8/9iYwOAgsR0KiVO0XkKDs4A?](https://link.edgepilot.com/s/b13a49d8/9iYwOAgsR0KiVO0XkKDs4A?u=https://www.loginclinics.com/contents/about-nav/current-events)
[u=https://www.loginclinics.com/contents/about-nav/current-events](https://www.loginclinics.com/contents/about-nav/current-events)

\$75 per test. We will determine if they need one or both.

Cash, not billable to insurance through LICs.



*LoginClinics is looking for a way to serve the Wake Forest community by offering their rapid COVID antibody and antigen tests. These tests provide COVID status results in **20 minutes**; both showing an active or past infection from the virus.*

Founding member of LoginClinics, Jaclyn Qualter, NP, A-CTTP, is a board-certified nurse practitioner and telemedicine provider located in Wake Forest, North Carolina. She will be administering the tests.

FEATURED INQUIRIES:

Are You Interested:

Interested in Tap Dancing?

Interested in Shag Classes?

If so, email jennieg@rfsnc.org to let her know which one you are interested in.

Need Your Feedback:

Have you taken any virtual classes? We would like your feedback. Let us know your thoughts regarding content, professionalism, and quality of sound and video.



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FEATURED EVENT:

FLU SHOT Drive-Thru: Wow! A drive-thru Flu Shot opportunity! We realize that many seniors may not want to get their annual flu shots in an effort to avoid doctor's offices and any possible coronavirus exposure. But these flu shots are so important especially this year! And, since no one loves getting a shot, **Heritage Audiology** will be offering FREE ice cream!

When & Where:

Friday, October 2nd from 9-11AM – Northern Wake Senior Center

Wednesday, October 7th from 12:30-2:30PM – Eastern Wake Senior Ctr

Thursday, October 8th from 12:30-2:30PM – Northern Wake Senior Ctr

Each date will have a limit of 100 doses – you may email or call to confirm your shot! Contact: Brent@HeritageAudiology.com or (855) 252-1818

Cost:

FREE with insurance card: (Please remember to bring your updated Medicare Card)

Without Insurance: \$25 Regular Dose or \$60 High Dose

****CASH or CHECK Only**

A CVS Pharmacist will be giving the Flu Shots.

Free Virtual Caregivers Summit: hosted by Transitions LifeCare, Transitions GuidingLights, Dementia Alliance of North Carolina, and Alzheimer's Association

Date: Thursday, October 22nd

All content will be available for one year.

This summit is for caregivers who seek resources, respite, and resolution. Because this year's Summit will be presented online via an **app** where caregivers can choose from among more than 20 sessions and chat with more than 70 "resource" exhibitors, there is no limit to the number of caregivers who can be accommodated.

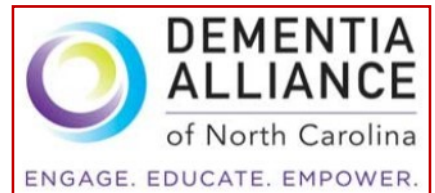
The **app** platform makes it possible to include family members who may not live locally, caregivers who may not easily be able to leave their loved one alone for a day, and resources that have a wider reach than our traditional Triangle population.

Registration is open for caregivers at <https://link.edgepilot.com/s/b2fe6fe1/zszDDfYlo0SGDW0rE-greQ?u=http://www.caregiverssummit.org/>.

Each attendee should register separately with a unique email address to ensure access to all the features of this event. Those who register will be emailed a link to access the event.

Heritage Audiology

Heritage Audiology will be sponsoring and handing out the FREE ice cream



alzheimer's association®



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FEATURED FITNESS CLASS:

NEW Yang 24 Form Tai Chi: taught by Norma Ferrell
Begins: October 13th.

Tuesdays and Thursdays, 8:00-9:00AM – duration: 8 weeks

Students will learn Yang Style Tai Chi and 24 forms. They will learn principles related to gain the many benefits of Tai Chi. This will be a low impact form of exercise which is beneficial to people with existing joint issues and for people who want to avoid joint issues. They will learn an exercise that is effective in balance function enhancement and fall prevention. They will benefit from social interaction and support from their classmates.

Each class will be 50 minutes of exercise that begins with a warm-up routine, followed by learning and practicing the forms and ending with a cool down routine.

Program may be done standing or seated.

Items Needed for Class: Comfortable, loose clothing and shoes. Safe environment.

Call Eastern Wake Senior Center 919-365-4248 for signup, waiver and link to virtual program.



FEATURED PROGRAMS:

Virtual Education Programs by Alzheimer's Assoc.

No one should face Alzheimer's alone. Register for one of the Alzheimer's Association's free virtual education programs about Alzheimer's and other dementias, as well as resources to help you navigate this journey. Participants will be given the option of joining via video/webinar or through a toll-free number. Registration is required. Registrant will be sent conferencing details prior to the date of the program.

Understanding and Responding to Dementia- Related Behavior

September 29, 2020 | 10:00-11:30 AM

**Full program descriptions found on website or you can click on date above for each program.*

To register, call: 800-272-3900 or visit [Tinyurl.com/VirtualOfferingsENC](https://www.alz.org/virtualofferings)



Powerful and Fun You Don't Want to Miss:

Name That Tune: Sponsored by 

Every other Tuesday from 1:30-3:00pm

Programs Scheduled for September: 9/29

Join Cynthia Halstead, Aetna Community Lead Generator, and Donna Flowers for **Music, Fun and Prizes**. The event will be music genre from the 60s. Call 919-554-4111 to register and receive the Zoom link.

You won't want to miss this one!



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FEATURED PROGRAMS CONT:

Virtual Hearing Health Seminar: by Wake Audiology

Serving the area since May 2005, specializing in providing thorough hearing exams and detailed consultations to help determine the exact nature of your hearing concerns. We are expanding our practice to include **cochlear implant** services. Are you or a loved one struggling with your hearing even when using hearing aids? If you are interested in learning more about hearing implants - how they work, candidacy, insurance and more, we can connect virtually with Cochlear Americas from the comfort of your own home.

Date: October 5, 2020 at 12:00PM

Location: You can join the event from anywhere! Recommend you choose a place that has a strong internet connection.

To Join the meeting, follow these simple steps:

1. Visit <https://link.edgepilot.com/s/667be51d/Mh3plcMJWUqVtZ03oPM8oQ?u=http://www.cochlear.com/us/events>
2. Input the event date
3. Click on the event name and complete registration
4. Once registered, you will receive an email with instructions for how to join the meeting online!



RFS E-Learning Classes for October:

October 7th at 11AM: "Emergency Preparedness 101" Hosted by Garner Fire Rescue, Inc.

As storm season is upon us, learn what you should have in your storm safety kit and how to be ready in the event of a hurricane. Also, what should be in your home first aid kit, what you can do with those old fire extinguishers and much more!

Virtual presentation will be available via Zoom

[https://us04web.zoom.us/j/75229031457?](https://us04web.zoom.us/j/75229031457?pwd=cWUxR2txdkluZkVFZWQ1dIB2a2NsQT09)

[pwd=cWUxR2txdkluZkVFZWQ1](https://us04web.zoom.us/j/75229031457?pwd=cWUxR2txdkluZkVFZWQ1dIB2a2NsQT09)

[dIB2a2NsQT09](https://us04web.zoom.us/j/75229031457?pwd=cWUxR2txdkluZkVFZWQ1dIB2a2NsQT09) Meeting ID: 752 2903 1457 Passcode: 7iFJCj

For questions, please contact: Heather Arcuri with Resources for Seniors

984-232-4523 or carysc@rfsnc.org



October 21st at 11AM: "Recognizing & Avoiding Scams"- presented by Better Business Bureau of Eastern NC

Learn how to recognize and avoid scams. Click to [Register](#) .

VIRTUAL FITNESS CLASSES:

CARDIO, SHAPE, TONE AND SCULPT: A 45 Minute weekly program began Thursday, September 17th from 10-10:45AM. Taught by Linda Thomas. Use the light weights you have at home or be creative with water bottles. Chair modifications available. This class will complete your weekly workout. Register at 919-554-4111 for your waiver and receive the class link.

MARTY's CHAIR Yoga Class: Mondays at 3:30PM. The class will be a 45 minute seated yoga class. **Call the NWSC 919-554-4111 for a waiver that must be signed prior to participating.** After receipt of the waiver we will provide you the link. Class size is limited.

Line Dance with Ronnie: Every Thursday at 11AM. Space still available. **Call NWSC 919-554-4111 for signup, waiver and link to virtual program.**

Beginners KNOCK-OUT with Linda:

This class is easy to follow, no equipment needed! Enjoy basic boxing moves put together to form a fun cardio burning exercise workout. This class is modified for our active adult community (especially you guys!). Tuesday & Thursday at 9AM

Call Northern Wake Senior Center 919-554-4111 for signup, waiver and link to virtual program.

VIRTUAL CLASSES:

Genealogy: Every other Monday at 2pm: Next Class 9/28. New members welcome, call in to register for link to Zoom. Led by Mike Hardee.

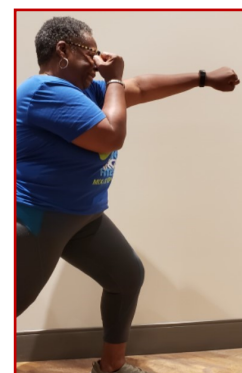
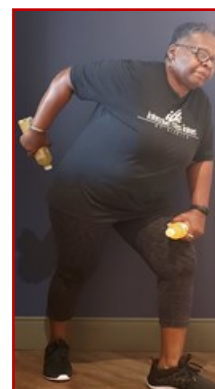
VIRTUAL PROGRAM OPPORTUNITIES:

Heartland Virtual Support Group:

- 1st and 3rd Thursday of every month (1-2pm) **Grief Support Group**
- 2nd and 4th Thursday of every month (1-2pm) **Caregiver Support Group**

Contact Kristin Lassiter of Heartland Hospice to register : Kris-tin.lassiter@hcr-manorcare.com or 919-877-9959.

Outdoor Caregivers Support Group at Smith Creek Soccer Park, 690 Heritage Lake Rd, Wake Forest. 2nd Wednesday of every month at 10 AM. Contact Kristin Lassiter of Heartland Hospice to register. kris-



VIRTUAL PROGRAM OPPORTUNITIES CONT:

Northern Wake Parkinson's Support Group: These informational and educational support group meetings are for persons with Parkinson's disease and their care partners.

Wednesday October 7th, 1-2:30PM, Topic: "Just Us" presented by Heartland Hospice.

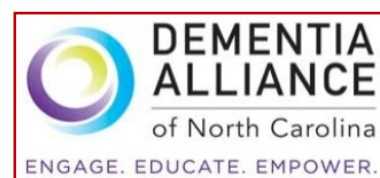
- Monthly meetings currently held virtually via Zoom or another platform.
- 1st Wednesday of the month from 1:00-2:30pm.
- Dates and times of programs may vary.
- Program followed by Q & A.

Register with Heather Arcuri, carysc@rfsnc.org or call 984-232-4523
(See additional newsletter attachment.)



Alzheimer's and other Dementias Caregivers Support

Group: October 15th at 10-11:30 AM: Meetings will be held the 3rd Thursday of every month at 10am via Zoom. Facilitated by DeeDee Harris of Dementia Alliance of NC. For more info email dharis@dementianc.org



DO YOU NEED:

NEW: Do You Need a Zoomer: Are you curious about how to use certain technologies such as Zoom, Gmail, or text? If so, the Zoomers are here to help! Join the Zoomer program to be assigned to a student volunteer who can help you with any of your technological questions, concerns, or frustrations. To sign up, send email to Dawnann Faison at (Delta0420@msn.com)



SHIIP (Senior Health Insurance Information Program) Appointments:

The 2020 Medicare Open Enrollment Period (OEP) will be October 15 through December 7 during which a Medicare beneficiary can change their Part D Prescription Drug plan or their Part C Advantage Plan for the following year.

Counseling sessions will be on Zoom (or by telephone if the client is unable to meet via Zoom). To schedule an appointment :

For Northern Wake Senior Center call 919-554-4111

For Eastern Wake Senior Center call 919-996-4738 or email Susan McGuire at Raleighsc@rfsnc.org.



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919-554-4111
wfsccordinator@rfsnc.org

Eastern Wake Senior Center
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ewsccordinator@rfsnc.org

DID YOU KNOW:

Guard Against Gift Card Scams: The Wake Forest Police Department is urging area residents to guard against becoming the victim of fraud following recently reported phone scams involving gift cards.

If you are asked to buy prepaid gift cards to pay for anything, **don't** make the purchase and call the Police Department at 919-554-6150

Protect yourself from gift card scams by remembering the following:

- Gift cards are for gifts, not payments. **Anyone who demands payment by gift card is always a scammer.**
- Never share the code on the back of a gift card.
- Hang up on illegal robocalls.
- Slow down and ask questions of telemarketers. Legitimate businesses and charities will answer questions and give you time to consider a purchase or donation. Scam callers will pressure you to commit right away.
- Don't give personal or financial data, such as your Social Security number or credit card account number, to callers you don't know. If they say they have the information and just need you to confirm it, that's a trick.
- Don't pay registration or shipping charges to get a supposed free product or prize. Such fees are ploys to get your payment information.



Follow-up to Falls Prevention:

Resources for Seniors will provide a **FREE confidential medication consultation** with our own Dr. Casey Baldwin. Call either center and ask to be put on the list for her to call you and schedule.

North Carolina's First Cybercrime Hotline: United Way of North Carolina and the Cybercrime Support Network (CSN) announced the launch of North Carolina's first cybercrime support and recovery hotline. The new system allows North Carolina residents to **dial 2-1-1** to report and find resources to recover from identity theft, financial fraud, cyberstalking, cyberbullying and other cybercrimes. This initiative was made possible through a Victims of Crime Act (VOCA), Victim Assistance Grant that was awarded by the North Carolina Governor's Crime Commission. Additional support for the project has been provided by the N.C. Department of Information Technology (NCDIT).



DID YOU KNOW CONT:

IRS Deductions for Charitable Deductions: The Coronavirus Aid Relief and Economic Security (CARES) Act, passed last March, allows taxpayers taking the standard deduction to claim up to \$300.00 in charitable deductions as well. To qualify, you must give money to a 501 (c)(3) nonprofit.

There is legal aid assistance: Call Legal Aid of NC for assistance with Elder law documents. Harry Langley at 1-866-219-5262 and reference the Northern or Eastern Wake Senior Centers.

Economic Impact Payment (EIP) for Non-Filers: As a result of the Coronavirus Aid, Relief, and Economic Security (CARES) Act, consumers started to see some financial relief through EIP issued by the Internal Revenue Service (IRS). However, **millions of individuals who do not normally file income taxes are entitled to EIP. These individuals have until October 15, 2020 to enter their information in the IRS [Non-Filers Tool](#) to receive their payment.**

Memory Screening by ComForCare Home Care:

Memory screenings are simple, quick and noninvasive, and consist of a series of questions to gauge memory, language, thinking skills and other intellectual functions. The memory screening takes approximately 10-15 minutes and is confidential. Memory screenings are an important part of health.

Results are not a diagnosis, but a memory screening can suggest if someone should see a physician for a full evaluation.

Call (704) 491-1090 or email Nicole@comforcare.com today to see how ComForCare Home Care can help you Live Your Best Life Possible.

Virtual Store: Are you a crafter, potter, or seamstress? Do you have a special item that you make and would be willing to donate to our virtual store to raise money for the centers? These items may be ones that you would normally make for our Craft Sales. Due to COVID19 we want to offer them on our Facebook store in case we are unable to hold the craft fair. Please call the center if interested. Just a few of the items available for sale.

JUST A REMINDER:

Follow us daily on Facebook: New posts and live-streams Monday-Friday: www.facebook.com/NWSCenter

Watch Northern and Eastern Wake's YouTube

Channel: www.youtube.com/channel/UCcUa03PH6f5ye7j0KXO81Lw



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NEXT WEEK AT A GLANCE:

Monday Sept 28	Tuesday Sept 29	Wednesday Sept 30	Thursday Oct 1	Friday Oct 2
8:00 Walk with Ease Joyner Park	8:30 Tai Chi (Full)	8:00 Walk with Ease Joyner Park	8:30 Tai Chi (Full)	8:00 Walk with Ease Joyner Park
8:30 Yoga with Laura		8:30 Yoga with Laura		8:30 Yoga with Laura
9:00 Walk with Ease (EW) Virtual	9:00 Beginners Knock-out	9:00 Walk with Ease (EW) Virtual	9:00 Beginners Knock-out	9:00 Walk with Ease (EW)Virtual 9-11AM Flu Shot Drive-Thru (NWSC)
9:30 Water Color				
10:00 Aerobics (Full)		10:00 Aerobics (Full)	10:00 Tone and Sculpt	10:00 Aerobics (Full)
11:00 Drawing Class			11:00 Line Dancing with Ronnie	
11:30 Zumba Gold		11:30 Zumba Gold		11:30 Zumba Gold
12-4PM Drive-Thru COVID19 Rapid Test- ing				
	1-3 Acrylics 1:30-3 Name that Tune			
2:00 Genealogy		2-3 Duke Presentation Cumulative Loss & Grief Response due to COVID 19		
3:30 Live stream 3:30 Chair Yoga	3:30 Live stream	3:30 Live stream	3:30 Live stream	3:30 Live stream

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